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California Institute of Integral Studies



Integrative Health Studies Newsletter

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Oct/ Nov '10 /Issue #8

**Message from Meg Jordan, PhD,
RN
Dept. Chair and Prof., Integrative Health
Studies (IHL)**

HEALTH COACH SUMMIT

How do you know your health coach is **qualified**? Without a national certification or educational standards, you rely on recommendations and reputations, and both can lead you astray. To remedy that, an historic Summit took place Sep. 26-27, with over 60 invited leaders in health care, collaboratively developing strategies for national benchmarks for education, training, and credentialing professional coaches in healthcare and wellness.

Co-conveners **Karen Lawson** (U MN) and **Margaret Moore** (Wellcoaches), supported by a grant from **Institute for Integrative Health**, led a Steering Committee of **Michael Arloski** (RealBalance), **Linda Bark** (AsOne Coaching), **Michelle Bouchard** (HealthCorps), **Michael Burke** (Mayo Clinic), **Richard Cotton** (ACSM), **Georgiana Donadio** (National Instit. of Whole Health), **Roy Elam** (Vanderbilt), **Jay Groves** (Vanderbilt), **Meg Jordan** (CIIS), **Pamela Peeke**, (Advisor to Surgeon General/Discovery) **Linda Smith** (Duke), and **Ruth Wolever** (Duke).

Next steps include outlining definitions, core competencies, and scope of practice for health and wellness coaches, and designing a multi-site research project with CAM researcher **David Eisenberg** (Harvard). Summit participants shared a sense of urgency to move ahead, since lifestyle turnaround remains a primary objective for the

nation's health objectives for the nation's health, according to the Institute of Medicine.

CAIM COURSE WEBINARS

CAIM (**Complementary, Alternative, and Integrative Medicine**) proved to be a most popular course with record attendance. Video recordings of the guest lecture series includes talks on clinical nutrition, homeopathy, naturopathy, Tibetan medicine, Traditional Chinese Medicine, bodywork/somatic education, chiropractic, ayurveda, mind/body therapies, integrative medicine and more. Several advisory board members guest lectured for this course including **Sally LaMont**, ND, LAc; **Liz Lipski**, PhD, CCN; **Russell Jaffe**, MD, PhD; and **Len Saputo**, MD, and **Susan Fox**, LAc. IHL will be posting a short version introductory webinar of the course soon.

MERCY HOUSING and CIIS WELLNESS

IHL graduate students who've completed wellness coaching and management courses will deliver this fall educational, client-centered, on-site wellness services for residents of Mercy Housing units. **Prof. Yosuke Chikamoto** will supervise this first time opportunity. We want to acknowledge **Catholic Charities CYO, Catholic HealthCare West and CIIS Development** for their assistance in securing this opportunity. Reducing health disparities through integrative wellness outreach is one of the central objectives of IHL.

ALUMNI making tracks

Barb Harris, MA (IHL 2009), former Editorial Director of SHAPE Magazine, will teach **Movement & Stress Management in Spring 2011**. Barb also serves as a chaplain and integrative health practitioner for Kaiser Permanente Medical Center in Oakland, CA. She continues to work with the Glide Memorial Women's Center, creating a photostory, created and directed by women participants in a support program.

ADVISORY BOARD NEWS

Russell Jaffe offers medical "pearls" in his new newsletter . **Sally LaMont** testified for natural medicine on the Hill; **Len Saputo** conducts healing circles again out of Health Medicine Center; **Dana Ullman's** column on Huffington Post makes frequent headlines. **Elliott Dacher** redrafted human flourishing in a ready-for-publishing manuscript; **Ricky Pollycove's** evolutionary hormone theory made its way into the *Pocket Guide to Bioidentical Hormones*.

TIBETAN MEDICINE DOCTOR AT CIIS

Welcome to **Rinchen Dhondrup** whose expertise in Tibetan Medicine will be presented with Tibetan Medicine doctor, **Yangdron Kalzan** in CAIM in November. Rinchen, also a Tibetan Medicine doctor, entered the IHL program this fall.

RECORD NUMBER OF INTERNS

So what did you do on your summer vacation? IHL students packed 200-hours of intensive community service into their busy schedules. Thanks to Internship Supervisor **Niyati Desai** for expanding sites to include:

- Designed **healthy weight program** at naturopathic clinic.
- Administration of a **sliding scale Reiki clinic**.
- Conducted **healthy food demos** for low-income areas
- Served as **research assistant** for a PTSD study at MAPS
- Assisted in **nutritional detoxification** at a retreat center
- Acted as a **trainee for an Ayurvedic health center**
- Created **wellness coaching** for Human Resources Instit..
- Wrote **content for www.FoundHealth.com**.
- Evaluated **gender-appropriate services** for SF Mental Health Board

Chanda Möllers, Wellness Manager

Congratulations to our Program Coordinator and graduate of the IHL program, **Chanda Möllers**, who accepted a coveted Wellness Manager position at **Pacific Gas & Electric**. We will miss her but are happy to celebrate this wonderful success! After completing an internship at PG&E, Chanda continued to assist

their executive team with health fairs and stress reduction strategies.

ALLIANCE with www.FoundHealth.com

So many health web sites (over 30,000!), so little integrative health. But that might all change soon. IHL now has an alliance with www.FoundHealth.com, developed by CEO **Rita Sharma** and **Mike Rosenthal**. They will learn how to create leading-edge web strategies for disseminating integrative health messages. **Jennifer Yee** (IHL '10) wrote about Integrative Medicine for the website.

Energy Psychology Journal

Energy Psychology Journal is a new peer-reviewed publication
Dr. Jordan serves on the editorial advisory board.
www.EnergyPsychologyJournal.com

About Integrative Health Studies

The IHL program offers a nonclinical M.A. degree, preparing students for careers in the integrative health field as educators, coaches, practitioners, researchers and administrators through a curriculum that emphasizes an interdisciplinary study of diverse methods and healing philosophies, along with real-world internships and embodied practice of holistic self-care. Integrative health is the art and science of achieving optimal wellness by integrating the best of modern medical practice with time-honored native healing and evidence-based holistic therapies, and respectful attention to the larger social, environmental and spiritual contexts of people and their communities. Thank you for your interest and support of the IHL Program. For more information, contact the Program Coordinator at 415 575-6199.

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